Sugar can be found in everything these days. It’s in obvious things like cake, candies and cookies, or sugary soda and fruit punches. But it also masquerades as a health food on occasion. Some healthy sounding beverages and yogurts, for example, would be fine if they were not so loaded with sugar! The problem is having too much of the sweet stuff is not good for our health, and can increase risk of several chronic diseases. Consult the pages of this packet for healthier versions of some of your favorite sugar-added beverages, desserts and snacks!

- Over the last 30 years, sugary drink consumption has increased in the US. The average US citizen gets between 100—200 calories a day from sugary drinks alone! That may not sound like a lot, but over the course of a year, an extra 100 calories a day could result in a weight increase of 10 pounds in just 1 year!

- There is good evidence that sugar contributes to heightened risk of type 2 diabetes. In one study, women who said they had 1 or more sodas or fruit punch daily were twice as likely to develop diabetes as those who rarely had these beverages. Elimination of sugary drink consumption is a preventative way to decrease risk of type 2 diabetes, heart disease, and other chronic conditions. See recipes in this packet for healthier beverages that have little or no sugar.

- Excess sugar intake has also been linked to increased weight and risk of obesity, as well as poor diet quality. Satisfy a sweets craving with some of the healthy dessert alternatives in these pages!
Choosing Your Drink

Beverages are one of the main sources of sugar in our diets, it’s good to know which have more sugar and which have less. To make it easier, a group called the “Beverage Guidance Panel”* has come together to describe which drinks to choose more of, and which to drink less often for best health. See below for the best and worst choices. See next page for some zesty ways to flavor water without too much sugar.

| Level 1: Water | Water is the best choice, and should be our main source of fluid intake. |
| Level 2: Unsweetened Coffee and Tea | Next best is coffee and tea with no or very little sugar added. |
| Level 3: Nonfat, Lowfat, or Soy Milk (if fortified) | These choices are nutrient rich (with protein, calcium and vitamin D), but can add up quickly in calories. |
| Level 4: “Diet” Beverages | Though most sweeteners in “Diet” drinks are likely pretty safe, they do not provide any nutrients. |
| Level 5: Fruit and Vegetable Juices, Whole Milk and Sports Drinks | Though it may seem like a good option, in fact fruit juice should be enjoyed rarely. It is very high in sugar! |
| Level 6: Regular Soda | Drink sparingly! |

*Read more about the Beverage Guidance Panel at http://www.cpc.unc.edu/projects/beverage
Sweet Substitutions

Instead of soda, try one of these hydrating options when water seems boring. No or low sugar does not have to mean no fun!

**CITRUS COOLER**
Drop a few slices of lemon, lime or orange into a glass of cold water to add a citrusy and refreshing zest.

**CUCUMBER-MINT WATER**
Muddle a couple of slices of cucumber and a few mint leaves and pour cold water over top for a refreshing summer drink.

**CINNAMON MILK**
Microwave a glass of lowfat or nonfat milk until steaming, and swirl with a dash of cinnamon and vanilla extract or almond extract.

**SPARKLING JUICE**
Fill a glass 3/4 full with any brand of sparkling water. Fill the last 1/4 of the glass with orange juice or cranberry juice.

**ICED TEA**
Brew your favorite black or green tea. Pour over a large glass of ice. Mix with 1 teaspoon sugar and enjoy!
Blueberry-Orange Parfaits (Serves 1)

- 1 teaspoon sugar
- ¼ teaspoon orange zest
- 1 (approx. 7 oz) container plain, lowfat yogurt (try Greek if it is affordable)
- ½ cup fresh blueberries
- ½ cup orange sections
- 2 tablespoons granola or dried, whole grain cereal

1. Combine the sugar, orange zest and yogurt and mix well with a spoon or whisk.
2. Then spoon layers into a glass in this order: yogurt mixture, blueberries, orange sections.
3. Top with the granola or dried cereal. Serve immediately.

Overnight Apple Oatmeal (Serves 4)

- 2 apples, chopped
- 1 cup steel cut oats
- 3 cups milk (nonfat or 1%)
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 tablespoons brown sugar

1. Place chopped apples at the bottom of a crock pot. Add oats, milk, cinnamon, nutmeg and brown sugar and stir to mix.
2. Set crockpot to low and cook for 2 hours. After 2 hours, change crockpot to “keep warm” setting, and let sit overnight (or about 8 hours).
3. Enjoy your hot bowl of oatmeal the next morning!

Lots of breakfast foods tend to be high in sugar (think muffins, scones, sugary cereals or other baked goods). This low-sugar oatmeal has a lot of natural sweetness without being sugar-loaded. Don’t like apples? Feel free to experiment with other fruits in this versatile dish.

Picture by _e.t @ flicker.com
Mediterranean Tuna Antipasto Salad (Serves 4)  
*Adapted from a recipe at www.eatingwell.com*

- One can beans of your choice, rinsed (cannellini, great northern, chickpeas, black-eyed peas or kidney beans)
- 1 can water-packed chunk light tuna, drained and flaked
- 1 small bell pepper, finely diced (try red or yellow for the most sweetness)
- ¼ cup finely chopped red onion
- ¼ cup chopped parsley
- ¼ cup black olives, sliced
- 1-2 teaspoons chopped, fresh rosemary (optional)
- Juice from 1 lemon
- 2 tablespoons extra virgin olive oil
- 4 cups mixed greens of your choice
- Salt and pepper to taste
- 1 avocado, peeled, pit removed, and chopped (optional)

1. Combine beans, tuna, bell pepper, onion, parsley, olives, rosemary (if using), lemon juice and olive oil in a large bowl.
2. Toss together. Then mix in salad greens and avocado (if using), and salt and pepper to taste. Toss again, then serve.

**DID YOU KNOW?**
Soda, energy drinks and sports drinks contribute a whopping 36% of all added sugar to the average American’s diet!
Easy Pumpkin Frozen Yogurt  
(Serves 4)  
- 1 cup lowfat vanilla yogurt  
- 1 cup canned pumpkin  
- 1 tablespoon sugar or honey  
- 1 teaspoon pumpkin pie spice  

1. Mix everything together in a large bowl until smooth and well-combined.  
2. Place in the freezer to let harden, and return to freezer every half hour or so to give it another stir. This helps the yogurt maintain it’s creamy smoothness as it freezes. It is ready once it is at the consistency you want to eat it in!

“Cocoa-Nut” Bananas  
(Serves 1)  
Adapted from a recipe at www.eatingwell.com  
- 2 teaspoons cocoa powder  
- 2 teaspoons toasted, unsweetened coconut  
- 1 banana  

1. Cut bananas in half. Shake the cocoa powder and the coconut onto two different flat plates.  
2. Gently roll each piece of banana in cocoa, and shake off any excess powder.  
3. Then gently press each banana slice into the coconut.  
4. Eat!

Fruit can be a great way to satisfy a craving for sweet, while not overdoing the sugar! Recipes like this maximize on the sweetness of the fruit ingredients so not as much sugar needs to be added!
### Strawberries with Orange-Ricotta Cream (Serves 1)

Adapted from a *Cooking Light* magazine recipe

- ¼ cup part-skim ricotta cheese
- ¼ cup vanilla low-fat yogurt
  (compare options to find one relatively lower in sugar)
- ¼ teaspoon grated orange rind
- ¼ teaspoon vanilla extract
- ½ cup quartered strawberries

1. Combine ricotta cheese, yogurt, orange rind, and vanilla extract. Mix well with a spoon until equally incorporated.
2. Chill before serving, or eat immediately with strawberries.

### Quinoa Pudding (Serves 4)

- 1 cup quinoa, rinsed
- 3 cups 2% milk (may also use 1% or skim)
- 2 teaspoons vanilla
- ¼ cup raisins
- ½ cup brown sugar
- 1 teaspoon cinnamon

1. In a large pot, heat all the ingredients over medium heat.
2. Bring to boil, then reduce to simmer. Cook until most of the liquid is absorbed, about 30 minutes, stirring occasionally.
3. Remove from heat and let sit with lid on for 20 minutes, or until liquid is fully absorbed.

### DID YOU KNOW?

Sugar can be sneaky! Look for more than just the word ‘sugar’ when reading labels. Other names for sugar include “high fructose corn syrup”, “corn syrup”, “corn syrup solids”, “raw sugar”, “malt syrup”, “maple syrup”, honey, molasses, “anhydrous dextrose” and “crystal dextrose”.
Lemon-Raspberry Muffins  
(Makes 12 muffins)

- 1 lemon 
- ½ cup sugar 
- 1 cup buttermilk *(see tip below)* 
- ½ cup canola oil 
- 1 egg 
- 1 teaspoon vanilla extract 
- 1 cup white whole-wheat flour or whole-wheat pastry flour 
- 1 cup all-purpose flour 
- 2 teaspoons baking powder 
- 1 teaspoon baking soda 
- ¼ teaspoon salt 
- 1 ½ cups fresh or frozen (not thawed) raspberries or other berries

1. Preheat oven to 400°. Coat a 12 cup muffin pan with cooking spray or with paper liners.
2. Zest the entire lemon into a bowl using a fine grater. Add sugar and mix well. Add buttermilk, oil, egg, and vanilla then stir.
3. In a larger mixing bowl, combine flours, baking powder, baking soda, and salt. Add wet mixture to dry mixture and fold until almost blended. Gently fold in raspberries.
4. Divide the batter among the muffin cups. Bake muffins until the edges and tops are golden, 20 -26 minutes.
5. Let cool in the pan for 5 minutes before turning out onto a wire rack.

No buttermilk on hand? 
Mix 1 tablespoon of lemon juice or vinegar with 1 cup of milk. Let stand for 5 minutes before using. You can also reconstitute dried buttermilk powder to use in this recipe.
Too-Good-To-Be-True Cookie Dough

- 1 can of chickpeas, rinsed, drained, and patted dry
- ½ cup unsweetened peanut butter
- ⅔ cup honey
- 1 ½ tsp vanilla extract
- ¼ tsp baking soda
- 3 tablespoons old-fashioned oats
- ⅓ cup chocolate chips

1. In a food processor, combine chickpeas, peanut butter, honey, vanilla, and baking soda. Mix until smooth
2. Add oats and pulse 2-3 times.
3. Mix in chocolate chips by hand.
4. Eat this cookie dough raw and guilt-free! Try on it’s own or as a dip.
5. OR bake in the oven! Heat oven to 350 degrees. Make 1 ½ inch balls and bake cookies for 12 minutes. Best eaten warm!

DID YOU KNOW?

After sugary drinks, the next highest single type of food that contributes to US sugar intake is grain-based desserts. Think of things like muffins, pastries, pies or cakes. Look for recipes like this one to reduce your sugar intake, but remember that serving size is still important! Enjoy a dessert, but enjoy just 1 serving!
Seasonal Fruit Compote Recipes

**Fall and Winter:** Cinnamon Pear Compote  
(Serves 4)  
Core and chop *2 ripe, firm pears*. Place in a small pot, then add *¼ cup raisins, ¼ cup apple juice, ¼ teaspoon cinnamon, a pinch of ground nutmeg, and 2 teaspoons butter*. Cook over medium heat, stirring occasionally, for about 15 minutes. Pears should just be starting to fall apart. Turn off heat and let cool for a few minutes, then serve.

**Spring:** Strawberry-Rhubarb Compote  
(Serves 4)  
Wash, trim and chop *1 large stalk rhubarb and 3/4 lb of strawberries*. Place in a saucepan with *¼ cup water, 2 tablespoons sugar*, and *1 teaspoon lemon juice*. Bring to boil, then reduce to simmer, and simmer 15 minutes or until fruit is falling apart. Add *½ teaspoon vanilla* and simmer one more minute.

**Summer:** Blackberry Compote  
(Serves 4)  
Combine *1 cup frozen, thawed blackberries, 2 tbsp honey, ¼ teaspoon ginger, and ¼ teaspoon cinnamon* in a saucepan. Bring to boil, then simmer on medium-low for about 8 minutes, stirring occasionally. If watery, add a dash of cornstarch and stir until well-incorporated, and mixture thickens. *Optional: include 1 tablespoon chopped rosemary when simmering.*

Compotes are delicious served on top of yogurt, French toast, angel food cake, oatmeal, and more! Get creative with the fruits you add, too!
BASE INGREDIENTS:

- ½ cup old fashioned oats
- ¼ cup brown sugar
- ½ teaspoon cinnamon
- Pinch of nutmeg
- 3 tablespoons butter cut into small pieces

- ¼ cup NUTS—shelled, chopped, sliced or slivered
- ½ teaspoon lemon zest
- 3 cups FRUIT—sliced or chopped

WHAT TO DO:

1. Preheat oven to 350 degrees.
2. Mix oats, sugar, nuts and spices in medium bowl.
3. Add butter and rub with fingertips until mixture resembles coarse crumbs.
5. Combine fruits and lemon zest.
6. Place fruit in bottom of small baking pan.
7. Sprinkle topping over fruit.
8. Bake until topping browns and filling bubbles, about 45 minutes.

YOU CHOOSE:

FRUIT FILLING

Fresh or Frozen—peeled and sliced:
- Peaches
- Nectarines
- Raspberries
- Blueberries
- Plums
- Bing cherries
- Apricots

Dried—use up to ¼ cup as part of total fruit
- Raisins
- Dried cherries
- Dried apricots
- craisins
- Dried blueberries

NUTS

- Almonds
- Walnuts
- Hazelnuts

SOME IDEAS TO GET YOU STARTED:

- Peaches and raspberries (fresh or frozen) with almonds
- Apples and raisins with walnuts
- Fresh pears and craisins with hazelnuts
- Frozen blueberries and fresh pears with pecans
<table>
<thead>
<tr>
<th>Calories (cal)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Total Carb (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Sodium (mg)</th>
<th>Potassium (mg)</th>
<th>Phosphorus (mg)</th>
<th>Cholesterol (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickpea Cookie Dough</td>
<td>225</td>
<td>3</td>
<td>11</td>
<td>2</td>
<td>7</td>
<td>18</td>
<td>105</td>
<td>136</td>
<td>67</td>
</tr>
<tr>
<td>Cocoa-Nut Bananas</td>
<td>140</td>
<td>3</td>
<td>3</td>
<td>25</td>
<td>15</td>
<td>3</td>
<td>477</td>
<td>52</td>
<td>0</td>
</tr>
<tr>
<td>Lemon-Raspberry Muffins</td>
<td>169</td>
<td>7</td>
<td>1</td>
<td>58</td>
<td>8</td>
<td>4</td>
<td>273</td>
<td>108</td>
<td>72</td>
</tr>
<tr>
<td>Mediterranean Tuna Salad</td>
<td>325</td>
<td>16</td>
<td>2</td>
<td>31</td>
<td>3</td>
<td>18</td>
<td>488</td>
<td>791</td>
<td>222</td>
</tr>
<tr>
<td>Overnight Apple Oatmeal</td>
<td>283</td>
<td>4</td>
<td>2</td>
<td>24</td>
<td>12</td>
<td>3</td>
<td>83</td>
<td>365</td>
<td>365</td>
</tr>
<tr>
<td>Pumpkin Frozen Yogurt</td>
<td>81</td>
<td>9</td>
<td>6</td>
<td>16</td>
<td>13</td>
<td>4</td>
<td>44</td>
<td>263</td>
<td>105</td>
</tr>
<tr>
<td>Quinoa Pudding</td>
<td>355</td>
<td>7</td>
<td>2</td>
<td>58</td>
<td>29</td>
<td>13</td>
<td>101</td>
<td>615</td>
<td>413</td>
</tr>
<tr>
<td>Strawberries with Orange-Ricotta Cream</td>
<td>166</td>
<td>6</td>
<td>4</td>
<td>18</td>
<td>13</td>
<td>11</td>
<td>119</td>
<td>331</td>
<td>215</td>
</tr>
</tbody>
</table>